

Nutritionist in Long Island

Registered Dietitian and Medical Nutritionist Long Island NY

Nancy Mazarin is a Registered Dietitian (RD) and Certified Nutritional Specialist (CNS) with a Master's Degree in Nutrition from Columbia University. She is also a Certified Dietitian Nutritionist (CDN) in the State of New York.



Nancy's career path has always been in the science field, starting as a researcher at the Albert Einstein College of Medicine.

Her love of science, combined with her interest in nutrition, eventually led her to pursue her Master's Degree. In her endeavors, Nancy has worked as a medical nutrition consultant for Long Island hospitals and physicians, taught college-level courses and reviewed scholarly nutrition education articles.

Nancy has worked with hundreds of patients on Long Island, helping them to understand the ever-changing science of nutrition and create programs that are tailored to their own health goals. Included in these individualized plans are education, meal planning and behavior modification. As a food and nutrition expert, Nancy translates the science of nutrition into practical everyday solutions.

Medical Nutrition Therapy

Food is the fuel for your body and the cornerstone of your health. When you face medical issues that challenge your well-being, proper nutrition can be a powerful tool to restore your health. Medical Nutrition Therapy is an essential part of your comprehensive health care, enabling you to optimize health and well being.

Patients with medical issues are usually referred to Nancy by Long Island physicians or hospitals. Nancy works with your doctor using an integrative approach to understand your medical needs. She translates research into practice and develops an intervention plan.

At the initial consultation, Nancy evaluates your medical history, diet, habits, and lifestyle to determine when, where and how to modify your nutrition plan to achieve lifelong health.

Your customized eating program will include:

- Nutrition Education
- A personalized meal plan that incorporates simplicity and flexibility
- Recommendations for specific foods and patterns of food choices to match your unique health needs

Some of the medical issues Nancy has addressed through Medical Nutrition Therapy include:

Gastrointestinal Disorders

Crohn's and Colitis • Irritable Bowel Syndrome • Diarrhea or Constipation • Celiac Disease/Gluten Sensitivity • GERD/Heartburn • Diverticular disease

Cardiovascular/Heart Health

Cholesterol • Triglycerides • Hypertension • Congestive Heart Failure

Endocrinology

Diabetes Mellitus • Pre-Diabetes • Hypoglycemia • Fatty Liver • Hypothyroidism

Women's Issues

Menopause • Osteoporosis/prevention and treatment • Polycystic Ovarian Syndrome

Eating Disorders

Anorexia • Bulimia • Compulsive Eating • Binge Eating

Food Allergies, Intolerance, and Sensitivities

Renal Disease

Oncology

Prevention & Integrative

Nancy also provides nutrition counseling for:

Fatigue • Optimal Aging • Supplementation Evaluation • Athletic Performance
Wellness and Disease Prevention • Vegetarian diets

For more information please visit

<http://www.mazarinrd.com>